

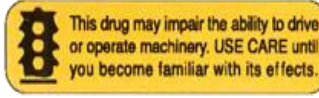


March 3, 2011

## Have YOU Ever?

Let's face it, we have all had moments when we've thought, "I really should not have done that." Sadly, we sometimes find that we do it again and again even after repeated self affirmations. Many people never share these stories with others for fear of "What will they think of me?" However, sharing these stories may actually help you and others realize just how dangerous or downright foolish some actions really are. To improve awareness of such actions and situations, *Lookout* will have a dedicated section called "**Have YOU Ever?**" to capture some of these stories. If you have a story to share, whether it's yours or someone else's, please submit it to one of the POCs below or anonymously through a *Lookout* boxes located in the HQ, OSB I or O&C cafeterias.

### SO... **Have YOU Ever Driven While on Medication That:**



One day, two co-workers carpooled together to KSC. As they traveled on center, the passenger realized the driver had fallen asleep. He tried unsuccessfully to wake the driver without startling him. Then suddenly, the driver awoke and jerked the steering wheel causing the vehicle to flip sideways at full speed into a nearby body of water. The car hit the water in a pancake manner, not nose down. Immediately, both the driver and passenger unbuckled their seatbelts and were able to push the doors open and escape as the car sank. Fortunately for them, the water was only about 5 feet deep because the passenger did not know how to swim. The co-workers were able to wade to the water's edge and climb the embankment. It was later determined that the driver was taking medication that is known to cause sudden drowsiness.

This is just one personal story highlighting the dangers of driving while on medication that causes drowsiness or affects a person's ability to drive. It is extremely important to know and heed the warnings.

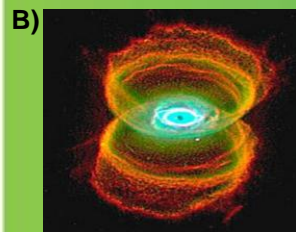
In addition to drugs that directly impair your ability to drive, other drugs, such as antidepressants, blood pressure medications, thyroid medications, decongestants, and diuretics can cause sleep loss, insomnia and even sleepwalking. Sleep loss causes excess fatigue during the day and can be just as dangerous as medications that cause drowsiness.

According to the National Highway Traffic Safety Administration, driver fatigue causes more than 100,000 motor vehicle accidents annually. Research studies have concluded that driving while sleepy is as detrimental as drunken driving. You are **three** times more likely to be in a car accident caused by sleep deprivation and drowsiness than by drunken driving. In the state of Florida, as well as many other states, you can be charged with Driving Under the Influence (DUI) while operating a motor vehicle when your physical abilities are impaired by drugs or a combination of drugs and alcohol.

Follow the instructions and warnings on all prescriptions as well as over-the-counter medications. Avoid driving while under the influence. Carpool or ask a friend or family member for a ride if travel is required.

## Real or Fake?

Are these pictures real, or a trick of photography?



See below for answers.

## Have YOU Ever? Stories to Share

If you would like to submit a "Have YOU Ever?" story you can e-mail it to the **Lookout** POCs or submit it anonymously by using the **Lookout** boxes located in the HQ, OSB I or O&C cafeterias.

If you have questions, comments, or a topic you would like to see addressed:

please send to Reneka Whicker at [reneka.a.whicker@nasa.gov](mailto:reneka.a.whicker@nasa.gov)

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Answers for "Real or  
Fake?" : A) Real - it is a  
bird of paradise. B) Real -  
The Hourglass Nebula. C)  
Fake - A created optical  
illusion.